

Discharge Instructions Following a Needle Biopsy of the Prostate

You have just had a needle biopsy of your prostate gland. This was done to see if there is any cancer present. It will also help your doctor decide if other tests or procedures need to be done. Here are some simple instructions to follow after your needle biopsy:

- Limit strenuous activity for 48 hours, then you can return to your previous activity level. Sexual activity may be resumed.
- Return to your previous diet. Drink 8 to 10 glasses of water a day for the next two days or until the bleeding stops. This will help flush out your bladder.
- Take all of your medication, as ordered. Finish all of the antibiotics that were prescribed. These help reduce the chance of infection.
- You may feel some discomfort in your rectal area. Tylenol will usually relieve this pain. If the pain increases or doesn't stop in one week, call your doctor.
- Call the Urology Clinic, if you have:
 - Chills or fever
 - Persistent pain in your low back, rectum, or bladder area
 - Problems passing your urine
- Some blood in your urine, semen, or stool is expected. If this continues for two weeks or increases in amount, call the Urology Clinic. You may see blood in your semen for as long as six months after the biopsy.

When you can no longer see blood in your urine or bowel movements, you may start taking blood-thinning drugs such as warfarin (Coumadin), aspirin, ibuprofen that you were told to stop taking before the test.

- Remember to keep all of your VA appointments and the follow-up appointments in the Urology Clinic. When you see the doctor in the Clinic s/he will discuss the results of the biopsy with you.
- If you have any of the problems listed above or any questions, please feel free to call the Urology Clinic at (612) 467-3473, Monday through Friday, between 8:00 a.m. and 4:30 p.m. After hours and on weekends and holidays, please call Urgent Care at (612) 467-2771.

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